

**CLAIMS**

What is claimed is:

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- 5        1. A barbell apparatus comprising: a pair of hand gripping bar portions arranged end-to-end for defining a longitudinal axis of the apparatus; each of the hand gripping bar portions providing a rectangular frame defining a hand gripping window, and positioned integrally within the hand gripping window, plural linear cross bars oriented at selected angles relative to the longitudinal axis.
  - 10      2. The apparatus of claim 1 wherein the selected angles are identical.
  3. The apparatus of claim 1 wherein at least one of the selected angles is orthogonal to the longitudinal axis of the apparatus.
  4. The apparatus of claim 1 wherein at least one of the selected angles is non-orthogonal to the longitudinal axis of the apparatus.
  - 15      5. The apparatus of claim 1 wherein the hand gripping bar portions are separated by an axially aligned integral center linear bar portion.
  6. The apparatus of claim 5 wherein the selected angles are identical.
  7. The apparatus of claim 5 wherein at least one of the selected angles is orthogonal to the longitudinal axis of the apparatus.
  - 20      8. The apparatus of claim 5 wherein at least one of the selected angles is non-orthogonal to the longitudinal axis of the apparatus.
  9. The apparatus of claim 5 wherein the center linear bar portion engages a rotatable collar, the collar having an attachment means fixed thereto.
  10. The apparatus of claim 6 wherein the attachment means is an eyelet.
  - 25      11. The apparatus of claim 1 further comprising a pair of linear weight engagement bars axially aligned and engaged in lateral positions relative to the hand gripping bars.
  12. The apparatus of claim 11 wherein the selected angles are identical.
  13. The apparatus of claim 11 wherein at least one of the selected angles is orthogonal to the longitudinal axis of the apparatus.

14. The apparatus of claim 11 wherein at least one of the selected angles is non-orthogonal to the longitudinal axis of the apparatus.
15. The apparatus of claim 11 wherein the center linear bar portion engages a rotatable collar, the collar having an attachment means fixed thereto.
- 5 16. The apparatus of claim 15 wherein the attachment means is an eyelet.
17. The apparatus of claim 11 wherein at least one of the selected angles is approximately 70 degrees.